

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	
Organisation	Alzheimer's Support
Address	
Phone number	
Email address	

2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	X
Over £5000 (please note – our grants will not normally exceed £5000)	

3. Are you applying on behalf of a Parish Council?

Yes	
No	X

4. If yes, please state why this project cannot be funded from the Parish Precept?

5. Project title?

6. Project summary: (100 words maximum)

Alzheimer's Support provides front line services for people in Wiltshire affected by dementia, including community activities designed to keep minds and bodies active, reduce social isolation and help people access the specialist support they need.

In March we launched a new Movement for the Mind group in Mere; this finely tuned blend of exercise to music, social interaction and reminiscence, provides a social outing, helping people regain confidence, boosting self esteem and stimulating brain function.

The group meets fortnightly, with 25 sessions planned for the year ahead, and we are seeking seed-funding towards the costs of developing this community initiative.

7. Which Area Board are you applying to?

8. What is the Post Code of the place where your project is taking place?

BA12 6DS

9. Please tell us which themes best describe your project:

<input type="checkbox"/> Intergenerational projects	<input type="checkbox"/> Heritage, history and architecture
<input checked="" type="checkbox"/> Older People Support/Activities	<input type="checkbox"/> Inclusion, diversity and community spirit
<input checked="" type="checkbox"/> Carers Support/Activities	<input type="checkbox"/> Environment, recycling and green initiatives
<input checked="" type="checkbox"/> Promoting physical and mental wellbeing	<input checked="" type="checkbox"/> Sport, play and recreation
<input checked="" type="checkbox"/> Combating social isolation	<input type="checkbox"/> Transport
<input checked="" type="checkbox"/> Promoting cohesive/resilient communities	<input type="checkbox"/> Technology & Digital literacy
<input type="checkbox"/> Arts, crafts and culture	<input type="checkbox"/> Other
<input type="checkbox"/> Safer communities	

If Other (please specify)

10. About your project

Please tell us about your project (a strong application will address all of the following):

How does your project support local needs and priorities?

By 2020, an estimated 8,500 people in Wiltshire will be living with dementia (*Wiltshire Dementia Strategy, 2014*). Faced with this growing need, it is essential that there is continued investment in infrastructure, particularly in more isolated parts of our rural county, and it is our aim to offer access to dementia-support within five miles of peoples' homes.

A gap analysis commissioned by HealthWatch Wiltshire in 2016, highlighted a serious lack of equity in service provision for people affected by dementia in the southern half of the county; in April 2017, when Alzheimer's Support was awarded the contract to deliver dementia services across the whole of Wiltshire, the south west was identified as a priority area.

The establishment of a *Movement for the Mind* group in Mere is in direct response to this need. Our Dementia Advisers and Home Support team work throughout the South West Community Area and in May, we will be opening our new Day Club in Warminster. However, we currently only have one other community group in the area, which is our monthly Gardening Café in Wilton. Our Community Groups are vital to delivering accessible services to remote, more-isolated locations and Mere is geographically ideal for reaching some of the more rural communities in the south west region.

How many older people/carers to do you expect to benefit from your project

The *Movement for the Mind* group meets fortnightly at The Grove Building on Church Street in Mere and we have 25 sessions planned for the coming 12 months. The group started in March and we already have eight people (four people with dementia and their carers) attending on a regular basis. As the group becomes more established we fully anticipate having 15 – 20 regular attendees (which reflects the average for the exercise groups that we have in other areas).

Taking part in gentle, regular exercise enhances the wellbeing of people in the early to mid-stages of dementia and we developed *Movement for the Mind* in response to research showing the benefit of physical activity for people with memory and cognitive problems, increasing confidence and helping stimulate the brain.

Movement for the Mind sessions start with a gentle warm-up before moving on to the main activity. Family carers attend, enabling them to relax and to share in a meaningful activity with the person they normally care for, as well as release stress and anxiety through gentle exercise.

The group also helps to reduce social isolation and build community bonds. The exercise lasts for about an hour and at the end of the session refreshments are served, creating an opportunity to socialise and chat. Carers are able to share experiences and knowledge and offer mutual support, helping reduce the feeling of isolation and loneliness that they can often experience.

How will you encourage volunteering and community involvement?

Alzheimer's Support has a comprehensive volunteering programme and our community groups attract significant volunteer support, partly due to the enjoyable activity (i.e. regular, low-impact exercise) but also because of the caring and supportive environment our groups offer.

Our *Movement for the Mind* groups are co-ordinated by one of our dementia-specialist support workers and led by an exercise instructor, with 2 – 4 trained volunteers helping each week.

Our volunteers come from all walks of life, but we see a higher number of older people taking up this opportunity; they have often had experience of dementia and cared for a loved one and therefore have a deep understanding of the disease, bringing valuable knowledge to the groups, some are experiencing loneliness and enjoy the regular social interaction and we also have volunteers who want to learn new skills and engage in a meaningful and worthwhile activity within their own communities.

How will you ensure your project is accessible to everyone (for example: people living with a disability or on low incomes, or vulnerable, or socially isolated etc.)?

The venues for our Community Groups are carefully chosen in order to make our activities easily accessible, both in terms of location (i.e. somewhere central/a community hub) and facilities (for example, access for people with mobility issues).

We also have a carpool of volunteer drivers who provide transport to the classes and the sessions are offered free of charge.

With regards to *Movement for the Mind*, it is a low-impact class and everyone is encouraged to do as much or little as they feel able to and do not have to be 'super-fit' to take part. People with restricted

mobility and wheelchair users are welcome and the staff/volunteer ratio means that there is support for people who may need it.

How will you work with other community partners?

First and foremost, we work with community partners to promote our services, enabling us to reach people who are affected by dementia and may need our specialist support. We have a close working relationship with health-providers and referring agencies and our Dementia Advisers are based within GP surgeries so that we are on the ground and visible within villages and neighbourhoods. Our community groups are promoted through these avenues and are often the first step for people who are newly-diagnosed with dementia, seeking further support.

Our community groups are also well received by local communities and we receive a tremendous amount of support through volunteering and fundraising. We are also supported by organisations such as Fareshare (an organisation combating food waste) and local supermarkets that provide us with refreshments for our day clubs and community groups.

Our community groups also raise our profile locally, enabling us to raise awareness of dementia, remove the stigma associated with the disease and help build capacity within local communities to support an ageing population. For example, we work with local organisations, churches, schools and businesses to run Dementia Friends training.

We are seeking funding towards the start-up costs of the group costs including the hire of the venue and staff and consultant costs. Each session costs £225 (approximately £12 per person).

11. Safeguarding

Please tell us about how you will protect and safeguard vulnerable people in your project (You must address all of the following):

- Please provide evidence of your commitment to safeguarding and promoting the welfare of older/vulnerable people and their carers.
- How do you make sure staff and volunteers understand their safeguarding responsibilities?
- Who in your organisation is ultimately responsible for safeguarding?

As a provider of registered services, we are subject to CQC inspections. In 2017 we were once again graded as (

The responsibility for the health, safety and welfare of our service users lies with the Chief Executive but is observed by all staff and volunteers.

Part of this commitment means that all colleagues are trained to Care Certificate standard. Safeguarding and a profound understanding of person centred care is at the heart of our training and indeed our organisational ethos.

Our training and work practices are underpinned by robust safeguarding policies, informed by national standards and disseminated to all staff via our intranet. All staff, volunteers and consultants are DBS checked.

Monitoring your project.

How will you know if your project has been successful? *required field

The Community Activities Coordinator maintains weekly spreadsheets for all groups delivered in a number of locations. This activity is reviewed by the senior management team at six-weekly meetings and in turn by the Board of Trustees and the Finance Sub-committee at their quarterly meetings. Our target is to reach 10 people with dementia often accompanied by their family carer for each group. We regularly exceed this target. In addition we undertake yearly participant surveys where we gather qualitative feedback from carers and people with dementia about their experience and invite suggestions and comments to inform the improvement of our offer. Success for us means a full group delivering a positive experience to attendees week after week and a person centred service tailored to their needs.

13. If your project will continue after the Wiltshire Council funding runs out, how will you continue to fund it

Our income streams are very diverse and we vigorously fundraise in all areas. Our experience shows that once a group is established and has made connections with the local community we enjoy a lot of support and goodwill - which also translates into financial support and/or sponsorship. Communities recognise the value the activity brings and the benefit it has to participants. So prime-pumping the project with a grant will see it created and the wider

14. If this application forms part of a larger project (eg. building of new village hall), please state what this project is and approximately how much the overall project will cost

N/A

15. Finance:

15a. Your Organisation's Finance:

Your latest accounts:

Month Year

Total Income:

£

Total Expenditure:

£

Surplus/Deficit for the year:

£

Free reserves currently held:

(money not committed to other projects/operating costs)

£

Why can't you fund this project from your reserves

Our free reserves have only now reached the recommended level at which it could sustain our operations for a 3 month period

We are a small community group and do not have annual accounts or it is our first year:

15b. Project Finance:

Total Project cost £ 5579.25

Total required from Area Board £ 1750.00

Expenditure £ Income £ Tick if income confirmed

NB. If your organisation reclaims VAT you should exclude VAT from the expenditure (Planned Income [help](#))
(Planned project costs [help](#))

Facilitator	848	Fundraising target	848	<input type="checkbox"/>
Exercise instructor	1125			<input type="checkbox"/>
Volunteer hours	1000	Volunteer hours done	1000	<input checked="" type="checkbox"/>
Refreshments	250	Food donations from	250	<input checked="" type="checkbox"/>
Venue Hire	625			<input type="checkbox"/>
On costs (expenses/	1731.25	Fundraising target	1731.25	<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
Total	5579.25	Total	3829.25	

16. Have you or do you intend to apply for a grant for this project from another area board within this financial year? *required field

- Yes
- No

17. Please list which area boards you are intending to apply, including this one (You can apply to a maximum of 3 Area Boards for the same project in a financial year) *required field, if Yes to Q11.

18. DECLARATION

Supporting information - Please confirm that the following documents will be available to inspect upon request (You DO NOT need to send these documents to us):

Quotes:

- I will make available on request 1 quote for individual project costs over £500 & 2 quotes for project costs over £1000 (Individual project costs are listed in the expenditure section above)

Project/Business Plan:

- For projects over £50,000: I will make available on request a **project or business plan** (including estimates) for projects where the **total project cost** (as declared in the financial section above) exceeds £50,000 (tick only when total project cost exceeds £50,000).

Accounts:

- I will make available on request the organisation's **latest accounts**

Constitution:

- I will make available on request the organisation's Constitution/Terms of Reference etc.

Policies and procedures:

- I will make available on request the necessary and relevant policies and procedures such as Child Protection, Safeguarding Adults, Public Liability Insurance, Access audit, Health & Safety and Environmental assessments.

Other supporting information (Tick where appropriate, for some project these will not be applicable):

- I will make available on request evidence of ownership of buildings/land
- I will make available on request the relevant planning permission for the project.
- I will make available on request any other form of licence or approval for this project has been received prior to submission of this grant application.

And finally...

- I confirm that the information on this form is correct, any award received will be spent on the activities specified.